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Build your own gym

Check out the article below for a great tutorial on "How to Build the Ultimate Bodyweight Gym (Using Only PVC Pipe)". A parts list and video are also included.

<http://www.artofmanliness.com/2013/03/21/how-to-build-the-ultimate-bodyweight-gym-using-only-pvc-pipe/>

"I am going to lead you step-by-step through the process of creating your own PVC home gym. And it will cost you less than \$150. Also at the end of the article I will give you a full 3-month routine that you can follow on your new PVC home gym."

I visited a local True Value hardware store and we came up with a list of parts that the store carried, which would suffice for the bodyweight gym. It differs somewhat from the list in the article and costs a little more, but it's still relatively cheap and the build of the bodyweight training gym won't be drastically different. The parts list is below:

Estimated total cost of the PVC pipe body weight training gym project: \$180-190 before tax:

8 2" elbows

1 2" cross

1 2" coupling

25 2" tee's

10 2" pipes - 1' sections

1' of 1" PVC

18' of 2" PVC in 2' pieces

4' of 3" PVC in 4' pieces

24' of 2" PVC in 4' pieces

4' of 3" PVC

8' of 4" PVC in 4' pieces

5' of 3" PVC

Rope

2 1"x6" metal nipple

PVC glue

I'll keep everyone updated about the uses we get out of the pvc pipe gym! Look forward to pictures, videos, and tips :)